

WARREN SENTINEL

"Jolly Rogers"

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Volume 64, Issue 18

F. E. Warren Air Force Base, Wyoming

May 6, 2005

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REMEMBERING ...

First Lt. Sheila Brown holds a candle during the Holocaust Remembrance ceremony Monday. The United States Holocaust Museum has designated "From Liberation to the Pursuit of Justice," as the theme for this year's Days of Remembrance.



Photo by Airman 1st Class Tessa Cubbon

Warren Airmen take aim



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Days of Remembrance

Tech. Sgt. Arnold Nilssen
Military equal opportunity

This week we take a few moments to remember more than 6 million victims of Nazi aggression and the Holocaust. The United States Holocaust Museum has designated "From Liberation to the Pursuit of Justice," as the theme for this year's Days of Remembrance. This theme is a fitting tribute to the courageous men and women who rose up against Nazi oppression more than 60 years ago. This theme is also a fitting tribute to the men and women of Warren, and to those of our team deployed around the world still fighting to stop the spread of terrorism and the oppression of freedom.

It was Justice Robert Jackson of the International Military Tribunal in Nuremberg 1945 who said, "The wrongs which we seek to condemn and punish have been so calculated, so malignant, and so devastating, that civilization cannot tolerate their being ignored because it cannot survive being repeated."

We need to remember these words everyday to prevent another atrocity. It begins with every person on our team who values diversity and equal opportunity. Former Secretary of the Air Force James G. Roche said, "Diversity is a strategy for achieving mission excellence." Accepting each person's unique qualities provides new opportunities to learn, increases innovation, strengthens the organization and employs the most qualified people.

We all know the five protected discrimination categories for military members: race, religion, national origin, sex and color. Yet, consider other qualities that also make up our individuality - for example: education level, language, generational group, problem solving skills, cultural influences and life experiences.

A healthy human relations climate is paramount to positive morale and mission accomplishment. When our own members are feeling ostracized or belittled on the job, they are unable to contribute their best efforts. These uncomfortable feelings

will manifest into fear of going to work, a search for a remote tour, or even leaving the Air Force. It is inexcusable that we lose anyone because they did not feel accepted. Be observant of how people are treated and correct all violations of equal opportunity policies. Make it a personal goal to help each other maintain a family oriented environment and draw people back on course if they should stray, whether they are your subordinate, coworker or even your supervisor. As a wingman, using a tactful approach to correct disparaging remarks or actions will be appreciated.

We have only taken a moment this week to remind ourselves of the terrible consequences of indifference. When individuals take action to maintain positive human relations, it makes it possible for our organizations and country to confront and work to halt discrimination and crimes against humanity. Remembering those who fought and died, taking a determined stand against the Nazis, reminds us of the millions of others who died during the Holocaust without a choice.

Whether we are volunteering for a cultural observance, guarding a missile site, maintaining a facility, or even deploying to a combat zone, our mission is clear: the men and women of Warren will continue to wage the battle for liberation and the pursuit of justice.



Hoops Shots

I've got a lot of folks to congratulate and thank this issue. First, I'd like to thank **Senior Airman Lilgjay Webb**, a mighty defender, and **Senior Airman David Fry**, a mighty mechanic, for giving me the honor of reenlisting them at a recent Airman Leadership School class. There's nothing like seeing fine professionals such as these making the choice to stay with us and help lead that next generation of Airmen. Congratulations! A big thanks also goes out to **Donna Moore** for achieving a significant milestone - 20 years of federal service! What a terrific week for me to be able to swear in two warriors at the start of their careers while signing the certificate for another professional two decades into her service.

We've talked a lot lately about driving safety. Of course, we know that soon the 101 Critical Days of Summer will kick off because summer tends to be a very high-risk season for accidents. Perhaps even more risky are those transition months between seasons - especially coming out of winter and into spring as we are now. With all the rain lately, those back roads have become very slick and muddy. Well, two of our mighty communicators proved that following your gravel road training can make all the difference. **Senior Airman Wilson Joa Yu** and his co-driver **Airman 1st Class Katy Monahan** were headed out to E-01 when they ran into these slick, muddy conditions. Airman Monahan acted as a great wingman reminding Airman Joa Yu about slowing down, etc. In this case, no matter how slow they were going, the vehicle was going to end up in the ditch, and that's when their gravel road training kicked in. Airman Joa Yu did exactly as he was trained and "drove through the ditch." The result was no injuries, no damage and two fine warriors came back to us safe thanks to following their

training. Well done!

We continue to hear great things about Mighty Ninety people excelling in their deployments overseas. I got a terrific e-mail from one such commander about **Capt. Ryan Campbell** and the work he did while deployed to Diego Garcia. Captain Campbell was our flight safety officer here and served as chief of safety for an air expeditionary group. He's credited with a 100 percent reduction in weapons mishaps, 65 percent cut in bird strikes and a 50 percent reduction in flight line accidents. It's no surprise his commander rated him as the top company grade officer in the outfit. It's also no surprise to me that our people take that high level of excellence we see here every day overseas and Captain Campbell is no exception. Thanks to his hard work, he ensured a lot of people had the chance to come back home in one piece.

Finally I'd like to recognize the many people who made Air Force Space Command's recent educator's tour so successful. Thanks to them, teachers learned more about our business and will take those lessons back to their classrooms: **Larry Sprague and Tech. Sgt. Dan Lyon, 90th Space Wing Museum; Maj. Darren Easton, 37th Helicopter Flight commander; Capt. Kelly Anderson and 1st Lts. Tanya Frazier and Kristi Richardson, 90th Operations Group; 1st Lt. Pat Menke and Staff Sgt. Brett Tatem, 90th Missile Maintenance Group; Tech. Sgt. Gilbert Chavez, Staff Sgt. Brandon Gilbert and Senior Airman Jeremy Powell, 90th Security Forces Group; Staff Sgt. Marshall Ezell, Senior Airman Vaughn Pfeifer and Airmen 1st Class Randy Barcelo and John Foster, 90th Logistic Readiness Squadron; and Laura Kwilinski, 90th Civil Engineer Squadron.**

-- Col. Hoops

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Commentary

THE CIVILIAN PAVILION

Matt Cox

Visual information

Life is a journey, not a destination.

That juicy tidbit adorns one of my grandfather's favorite T-shirts. At 93 years old, the man has had quite a journey.

Seeing that for the first time last summer I said something like: "cool shirt, gramps," but that was it. Then last month, my family was back in Arizona visiting my grandparents and the first thing I noticed was my grandpa wearing that shirt again.

"He sure likes that shirt," I thought to myself.

But this time I paid more attention to message and less attention to his short stack of one T-shirt.

Life is a journey, not a destination.

It just sounds deep. Like Sophocles descended from the heavens to run a T-shirt shop.

The more I sat in my grandparent's living room watching Fox News at earth-shattering volume – old folks' ears get bigger but apparently not better – the more I focused on that shirt. I couldn't hear a word but my eyesight remained strong.

Life is a journey, not a destination.

My eyes crossed and went blurry; I couldn't believe what I was seeing. The secret of life was right there in front of me, screen-printed on my grandpa's T-shirt. This whole time I've been sprinting for an invisible finish line; like a mirage in the surrounding Phoenix desert, thinking if I stopped or slowed down I'd get passed by. But it's not about that; it

never has been.

Life is a journey, not a destination.

Every day all of us wish we had just one more hour to get things done, but lack of time is hardly the issue, so I've come to believe. I'm not talking about a stop-and-smell-the-roses philosophy here; I'm talking about a don't-worry-about-it-the-roses-will-still-be-there-tomorrow philosophy.

Traditional thinking implies that if you don't stop and get a nose-full you may never see a garden again. Rather, the important part is realizing that smelling said roses is not the end-all, but just a small, colorful, aromatic lesson in a life-long class.

Life is a journey, not a destination.

Don't get me wrong, taking a personal moment is important, very important. But to mistake that moment as pit-stop on the way to the checkered flag is to complicate the situation.

We, as people, love to make

things more difficult than necessary. Between running our daily lives like small businesses where every minute is spoken for, it's hard to imagine there isn't a top of a mountain or end of the road. But there isn't, really.

Life is a journey, not a destination.

OK, retirement has come to define "end of the road" for most of us, but life doesn't stop there. Just ask my grandpa, the guy with the shirt I mentioned earlier who has spent his golden years golfing and reading books by the pool. Some may even argue that's when life really begins.

Life is a journey, not a destination.

I've never looked at the world through traveler's eyes; I've looked at it as a tourist: a traveler makes his own schedule, on his own terms, exploring the world without a watch or cell phone; a tourist hits the guided tours and is tethered to an itinerary.

I now realize that as a traveler I'm on a journey; as a tourist I was chasing a destination.

Leadership from NCO's perspective

Master Sgt. Jeff Bohn

Public affairs

A friend confided an office leadership issue to me one Friday night. I took it to heart and dissected the relationships I establish with my supervisor to gain a leadership foothold. I finished two hours later with five core questions I present to leadership when I set up shop.

However, I know some folks dislike leadership commentaries. Some sound plagiarized from a leadership correspondence course, or they lack heart and conviction. I'm no leadership guru, but this may add another tool to your collection.

These questions are at the foundation of my work ethic. Without them, I'm combat ineffective. It doesn't matter the level of your supervision, only that there is a supervisor.

Does my leader have complete trust and confidence in me? I need to have complete trust and confidence from my leader. If I don't, why and what can I do to achieve that trust? I perform with neither malice nor for personal gain, so my actions serve the interests of

my unit and the command.

If my leader doesn't trust me, how can he understand and accept my counsel? Trust is a leadership cornerstone. With it, I preserve the strength and keep the fabric of the office intact. Without, I am ineffective to lead and influence. If I error, hold me accountable.

Will my leader accept my word as his own unconscious thought?

When I give counsel it is not to offend, mislead or degrade. My purpose is to build unity, preserve office integrity, and ensure my leader has situational awareness.

Often these words are not pretty nor specifically chosen -- but they are uttered behind closed doors with respect. They are my professional version of the truth, and my apologies in advance if it feels personal. They are not sugar coated, they are flavored to give wisdom to situations my leader may not be privileged to hear. Mincing words often creates confusion or misinterpretation.

I won't mislead and put my leader in a position of compromise. I will state speculation when it's not fact, and professionally interpret with sound judgment.

We are a team, and the decisions my leader makes will be acted upon and communicated as my own.

Am I my leader's hatchet man? An organization must have balance. One who leads with compassion must also be firm to balance and motivate when needed. As the glue who bonds the fabric of the office, I must take the caustic road from time to time to enforce when casual motivation fails to produce. My creed as a noncommissioned officer is to quell all quarrels.

Some members who feel unjustly crucified or targeted may cry foul. It is paramount my leader takes a balanced approach and acknowledges the plaintiff's grievance fairly, for it may merely be a personality conflict, rather than the real issue at hand.

When staff take issue with my reasoning, they must feel comfortable bringing these issues to my leader for resolve rather than escalating beyond control. For me, a measure of support and a word of caution behind closed doors is often appropriate to maintain the semblance of order. If my leader trusts my judgment, then they realize

a certain necessary force was needed.

Does my experience as a seasoned NCO have bearing upon the office? A leader who believes my experience is valid and important to the training, mentoring and growth of an office staff, will benefit from my counsel. I care about my commissioned officers and prepare them for the rhetoric and challenges of leadership. I've endured and learned from working these endeavors with other officers, and am a compliment to my leader's professional development. I value the growth of my subordinate enlisted; they are the future of my Air Force. It is vitally important to share this knowledge, for tomorrow's leadership is at stake.

Caution: one must evaluate their NCO, for not all NCO's portray the values of maintaining the greater good of the office and mission. There are those who don't subscribe to a wholesome philosophy and perform for personal gain. They must be measured and validated before accepting their words.

Do I have your unconditional support as your senior NCO? If my leader

accepts my role, then support follows both in word and action. My leadership is nothing without the authority appointed by my officer. When I'm reduced to a staff member with stripes, the influential leadership fabric is torn and I'm nothing more than a worker with tacit guidance responsibilities.

If the leader is unwilling to give their support to my decisions, then they are setting the bar for how much the office will grow, how diverse the leadership will branch, and the extent of office loyalty.

A leader who validates an NCO with: acknowledgments as a valuable team leader, acceptance of counsel, and giving authority to be the principal motivator for office activities ... is giving the support an NCO needs to operate effectively.

I submit to my NCO corps, do you have defining principles to operate by? I submit to our officer leadership, do you expect and extend these courtesies to your NCOs? Without a two-way street of leadership, NCOs become technical experts, at best. Regardless, these NCOs are the leaders of tomorrow's Air Force.

Gen. Lord takes missile message to D.C.

Tech. Sgt. Jennifer Thibault
Air Force Space Command Public Affairs

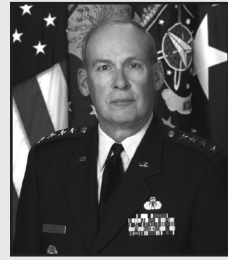
PETERSON AIR FORCE BASE, Colo.—Air Force Space Command's senior leader shared messages on Capitol Hill of strategic deterrence during the National Defense University's Congressional Series April 20, before an influential group of congressional members, staffers, academia and local "think tanks."

Introduced as the "man who has missiles in his DNA," General Lance W. Lord, commander, AFSPC, spoke to the audience who is also well versed in the missile business.

General Lord's messages assured the audience that nuclear deterrence is a core Air Force mission and intercontinental ballistic missiles are a core competency in the DoD.

"ICBMs perform a vital role by deterring attack and dissuading traditional and catastrophic events," he said.

The DoD is transforming from a Cold War threat based force to a more adaptable capability and effects-centric force. ICBMs are not synonymous with the Cold war of the past; ICBMs helped win the Cold War. The general ensured that doesn't mean ICBMs are a weapon of the past.



"ICBMs are one of our nation's icons for strategic deterrence, deterring the most dangerous threats and weapons known to mankind."

— General Lance Lord,
Air Force Space Command commander

"We've all heard ICBMs are a Cold War icon," he said. "Let me correct this perception, ICBMs are one of our nation's icons for strategic deterrence, deterring the most dangerous threats and weapons known to mankind," he said.

Their strategic deterrence with their superior strength is no match for rogue nations.

"The nation's strong and ready strategic deterrent capability provides much needed stability through uncertain times," said the general. "They are the top cover that enables all that we do world-wide."

After reassuring possible critics that ICBM forces are here to stay, General Lord praised the forces that operate, maintain, secure and support the ICBMs. Together they have achieved a 99.5 percent alert rate.

"This is a testament to your unique teamwork that is necessary to attain

a 99 percent alert rate. Everyone at our ICBM bases contributes to this amazing alert rate," said the general. "We must continue to operate our systems the same way, everyday, the right way."

The general also spent some time discussing space professional development, which some erroneously think doesn't include the ICBM force.

ICBM operators comprise 75 percent of all the current space and missile operations crew positions in the command. General Lord said their very position is professional development for wherever their career may take them.

"Missile crews master operations training discipline that will be called upon throughout their careers as well as enables professional development to prosper," he said.

With the Peacekeeper deactivation

in progress, it was a prime opportunity for General Lord to explain what is on the horizon for the Minuteman III ICBM systems.

As the command works to modernize the nation's ICBM force, the general discussed how the strategic deterrence mindset has changed.

"There is a new paradigm in place. The triad no longer means ICBMs, bombers and submarines. The new triad consists of offensive strike, defensive capabilities and highlights the revitalization of the defense infrastructure to meet new emerging threats," he said.

Throughout this process, the general said we are also calling for new wisdom and thinking on strategic deterrence in military academia to initiate debate, stimulate the thinking of peers and help change the professional mindset of the next generation leaders.

Part of that shift is from the strategic deterrence of the Cold War to the strategic deterrence of today includes transitioning to capabilities such as those within the Land Based Strategic Deterrence mission.

"LBSD will thrive on a spiral acquisition approach that will allow the Air Force additional time to buy down risk and increase funding," he said.

Accident reminds importance of wingmen, drinking responsibility

Peterson Air Force Base Public Affairs

An Airman's death April 26 from injuries suffered in a fall from a dormitory balcony at Peterson Air Force Base has prompted Air Force officials to consider bolstering alcohol-abuse training.

Airman Eric J. Waller, 19, of Kansas, was a communications systems operator assigned to the 50th Space Communications Squadron at Schriever Air Force Base.

Waller never regained consciousness after suffering massive head and spinal injuries from the fall from his room's second-story balcony onto concrete and grass at 12:30 a.m. April 24, said Col.

John Hyten, commander of the 50th Space Wing.

Colonel Hyten said commanders have been working "for quite some time" on "issues of underage drinking in the dormitories at Peterson."

The base is trying to copy a program that emphasizes responsible drinking introduced last year at Warren.

The program's mantra is zero DUIs, zero underage drinking violations, and no more than one drink per hour nor three per evening.

According to a USA Today report in January, in the last quarter of 2004, alcohol-related incidents at Warren plunged by 74 percent from the beginning of the year. Incidents include driving vio-

lations, public drunkenness, domestic violence, sexual assault, thefts and other infractions.

Warren also reported an 81 percent decline in underage drinking cases and a 45 percent drop in drunken-driving arrests.

"It's so important to take care of one another," said Airman 1st Class Nathaniel Turner, 90th Missile Maintenance Squadron and Warren dormitory resident. "It's a tragedy that someone had to die because his friends weren't looking out for him."

Acknowledging that the death was alcohol-related, Colonel Hyten said, "It's a problem that goes well beyond the Air Force. Now that

seems to have come and hit us in the face at the Air Force, and, sadly, it's cost the life of Airman Waller."

The young Airman was with friends on the balcony outside his room when he fell, the commander said. The friends immediately called for help, and an ambulance transported him to the hospital.

Although it "seems clear" the fall was accidental, Colonel Hyten said underage drinking makes the Air Force investigation a criminal probe.

The commander stopped short of saying anyone would face criminal charges, but spoke of the Air Force's "take care of your wingman" message that advises Airmen to look out for one another.

**WARREN'S
0-0-1-3
STATISTICS
FIRST QUARTER
2005**

Underage drinking incidents reduced by 93%.

Alcohol related incidents reduced by 68%.

Drinking under the influences reduced by 64%.

Briefs

John L. Schneider Memorial STRIDE Ride

The public is invited to attend the 22nd annual John L. Schneider Memorial STRIDE Ride at 12:30 p.m. May 15 at STRIDE Learning Center, 326 Parsley Blvd. More than 350 motorcycles will arrive at STRIDE. Children will be able to talk to the bikers, sit on a motorcycle and have a ride in a sidecar.

STRIDE Learning Center is a developmental preschool that serves children from birth through age 5 with developmental delays at no cost to their families. To make a contribution or participate, contact Jack Ross at Maverick Cycles 638-8307.

Operation Purple summer camp registration ends May 15

Registration for Operation Purple summer camps for children of deployed servicemembers ends May 15. Operation Purple is the only summer camp program that focuses on helping children deal with deployment-related issues, and is open to children of personnel from all branches of the U.S. armed forces. Applications are available on the NMFA Web site: <http://www.nmfa.org/>.

Environmental assessment

Warren is proposing numerous renovation, construction and demolition projects over the next several years in order to support and sustain its mission.

Projects include demolition of buildings 654, 841, 945, 949, 1037, 1200, 1260, and 1458; the renovation of Buildings 323, 324, 325, 284, 151, 220, 230, 236, 332 and 333; the construction of an addition to Building 465; construction of a structure to connect Buildings 323 and 324; upgrade of Missile Drive and Central Avenue; construction of a hot cargo pad; and construction of a firearms training simulator.

The base is soliciting public comments on the draft environmental assessment for these projects. A copy of the draft will be available for 30 days at the Laramie County Library Information Desk, 2800 Central Ave, and at the base library, Building 214. The comment period will begin on Monday and end on June 7.

All comments must be submitted in writing to 90 CES/CEVP, 300 Vesle Dr, FE Warren AFB WY 82005 and must be postmarked no later than June 7.

Calm under pressure

Warren Airmen prevent roll-over

Airman 1st Class Tessa Cubbon
Public affairs

Two of Warren's Airmen avoided rolling their truck on their way to the missile field April 21.

Senior Airman Wilson Joa Yu and Airman 1st Class Katy Monahan, both from the 90th Communications Squadron, were dispatched to E-01 the day after heavy precipitation littered the area with snow, slush and rain.

Road were labeled green, which means the road conditions were normal. They had turned off Wyoming Road 59 onto Road 46. Both roads were wet and muddy.

After turning onto Road 46, the truck started slipping and sliding. Airman Joa Yu let off the gas to slow down.

Airman Joa Yu had recently taken gravel road training, a class where participants receive hands-on experience in dangerous driving conditions.

He was driving approximately 15 MPH as the vehicle continued sliding and he ended up going off the road and into the ditch.

At that point, Airman Joa Yu utilized his GRT knowledge and instead of rolling over, he took the



Senior Airman Wilson Joa Yu, 90th Communications Squadron, shows off his skills and his muddy truck.

ditch.

The vehicle got stuck in the mud and required mobile maintenance to be dispatched to pull the vehicle out.

There were no injuries, no damage; just a dirty truck.

"The ops crew going to E-01, who were approximately five minutes behind my team, stated that they had trouble keeping their truck on the slick road. When we notified TCC of the incident, they then told us that the road conditions were yellow," said Lt.

Col. Michael Crocker, 90th Communications Squadron commander.

These two Airmen got in to a slippery situation, had had gravel road training and remembered their training, said Lt. Col. Christopher Gentry, 90th Space Wing Safety Office.

"I was driving and lost control. The whole truck went sideways," said Airman Joa Yu. He realized if he jerked the wheel, the truck would roll over.

The three steps of GRT are taking your foot off the gas, keep the wheel

straight and don't touch the brakes.

There are a number of people who take the training and do the right thing.

Driver and co-driver risk assessments were 13 and 14 respectively, meaning they were low risk. To determine risk assessment, a person needs to evaluate themselves, the environment and equipment they will be using.

Airman Joa Yu said he knew exactly what to do while the truck was sliding. "It was more of an instinct," he said.



Construction Corner

The 90th Civil Engineer Squadron has scheduled a pick-up for bulk items and established compost/leaf material collections May 16 to assist base housing personnel in their spring cleanup and to improve base appearance.

Large refuse items such as sofas, washing machines, furniture, etc., will be picked up. Items such as refrigerators, freezers, air conditioning units, automobile engines/parts/tires, any hazardous materials such as paint or oil, any recyclable materials, compost materials, or regular household garbage/trash will not

be picked up. Items to be picked up should be placed at the curb in front of your house by 7 a.m., May 16. The bulk item pick-up may take several days to complete. Once the team has gone through your neighborhood they will not come through a second time. Compost material will be picked up curbside on Wednesdays. Do not put any compost materials out with your bulk items or with regular household garbage/trash, it will not be picked up at those times.

Acceptable items include: washers and dryers; grills; furniture; and scrap metal, wood and cement

(not covered with or containing lead-based paint).

Unacceptable items include: refrigerators and air conditioners; propane tanks/bottles; automotive parts (tires, batteries, fluids, etc.); scrap metal, wood and cement covered with or containing lead based paint; regular household trash; recyclables; compost materials (leaves, branches, yard clippings, etc.); hazardous materials (paints, thinners, fuels, acids, cleaning fluids, etc.).

For more information, contact Paolo Ornales at 773-6101 or the housing office at 773-1840.

Warren's finest bring it home

Base servicemembers named 'best in command'

Tech. Sgt. Jennifer Thibault
AFSPC Public Affairs

PETERSONAIRFORCE BASE, Colo. – Air Force Space Command named its top Airmen Friday during the Outstanding Airmen of the Year banquet at the Sheraton, Colorado Springs.

Warren brought home two awards. Airman 1st Class Monica Wong, 90th Missile Security Forces Squadron, was named Airman of the Year and Larry Dygert, 90th Civil Engineer Squadron was named Civilian Category I of the Year.

The "Stars of the High Frontier" banquet culminated a week-long campaign to ensure the nominees feel like the stars they've proven themselves to be at their wings and numbered Air

Forces.

"We're so proud of all of our nominees," said AFSPC command chief, Chief Master Sgt. Ronald Kriete. "They truly are the best of the best, and it was an honor for us to host them and spend the week with these professional and dedicated Airmen."

Airman Wong will now move on to vie for the honor of being named one of the Air Force's 12 Outstanding Airmen of the Year.

"The highlight of my trip was being able to represent all the great Airmen here at Warren and all the great things we stand for," said Airman Wong. "Now, I'm even more delighted to represent what we do at a higher level."

During the banquet, Lt. Gen. (ret.) Jay Kelley, president of the Association of Air Force Missileers, shared his

views on the evolving role of the Air Force and its Airmen. He specifically highlighted the command's space missions and their role in the future of the Air Force.

The week's events set out to recognize the hard work of the nominees. To recognize them required some long hours and attention to detail by the AFSPC OAY committee.

"We had an awesome week, and it couldn't have happened without the dedication of the committee members. I want to thank them for all of their hard work and to send a special thank you to the chairman and cochairman, Senior Master Sgts. Lee Lopez and Rodney Reyes for a job well done. They worked hard to ensure everything went off without a hitch," said Chief Kriete.



Photo by Tech. Sgt. Ken Bergmann

Airman 1st Class Monica Wong, on the left, dances with friends at the Air Force Space Command Outstanding Airmen of the Year banquet.

SIDS: 'Back to sleep campaign'

Courtesy of the 90th Medical Group

Sudden infant death syndrome is the term to describe sudden, unexplained death of a baby under one year of age. SIDS is frequently described as a parent's worst nightmare because it strikes without warning, usually in seemingly healthy babies.

In the past, SIDS was often called "crib death," even though cribs themselves do not cause SIDS. It is estimated that SIDS strikes nearly 5,000 babies in the United States every year.

The exact cause of SIDS is unknown, but researchers have discovered trends in SIDS deaths that may help them understand this fatal problem:

SIDS is the leading cause of death in babies after 1 month of age.

Most SIDS deaths occur in babies 2 and 4 months old.

More SIDS deaths occur in colder months.

Babies placed to sleep on their backs are less likely to

What can you do to lower the risk of SIDS?

Always place your baby on his or her back to sleep, even for naps

Place your baby on a firm mattress, such as a safety-approved crib.

Research has shown that placing a baby on soft mattress, sofas, sofa cushions, waterbeds, sheepskins, or other soft surfaces can increase the risk of SIDS.

Remove soft, fluffy and loose bedding and stuffed toys from your baby's sleep area.

Keep blankets and other coverings away from your baby's mouth and nose.

Make sure your baby's face and head stay uncovered during sleep.

Do not allow smoking around your baby.

Keep your baby warm, but not too warm.

die from SIDS than those placed on their stomachs.

Black babies are two times as likely to die from SIDS than white babies.

American Indian babies are nearly three times more likely to die of SIDS than white babies.

Boys are at greater risk for SIDS than girls.

SIDS is not contagious. SIDS is not caused by child abuse or neglect.

Other potential risk factors:

Smoking, drinking, or drug use during pregnancy.

Late or no prenatal

care.

Prematurity or low birth-weight, mothers younger than 20, smoke exposure following birthstomach sleeping.

What can you do to lower the risk of SIDS?

Always place your baby on his or her back to sleep, even for naps.

Place your baby on a firm mattress, such as a safety-approved crib.

Placing a baby on soft mattress, sofas, sofa cushions, waterbeds, sheepskins, or other soft surfaces can increase the risk of SIDS.

Remove soft, fluffy and loose bedding and stuffed toys from your baby's sleep area.

Keep blankets and other coverings away from your baby's mouth and nose.

Make sure your baby's face and head stay uncovered during sleep.

Do not allow smoking around your baby.

Don't smoke before or after the birth of your baby and make sure no one smokes around your baby.

Don't let your baby get too warm during sleep.

Keep your baby warm during sleep, but not too

warm. Your baby's room should be at a temperature that is comfortable for an adult. Avoid overheating your baby.

Make sure everyone who cares for your baby knows to place your baby on his or her back to sleep.

Talk to childcare providers, grandparents (this is new stuff for them), babysitters and all caregivers about SIDS risks.

After 30 years of research, scientists still cannot find one definite cause or causes for SIDS. Research has found some things that can help reduce the risk of SIDS.

One of the easiest ways to lower the risk is to put your baby on his or her back to sleep.

In 1992, the American Academy of Pediatrics began recommending that parents place infants on their back to sleep.

For more information on this campaign, call 1-800-505-2742 or contact your primary care manager, obstetrician staff and clinic nurses.



Courtesy photos

Master Sgt. Nicholas Jateff, 90th Civil Engineer Squadron, and an El Salvadorian military member work on the foundations of a new medical clinic in El Salvador. Servicemembers from the 90 CES were in El Salvador to build a new medical clinic and school as part of a joint task force humanitarian deployment.



Second Lt. Joe Sundy, 90 CES, lays block for the medical clinic.

Who built this clinic?



Despite the sun, Staff Sgt. Paul Squires, 90 CES, works with the cement mixer during the humanitarian deployment.

WARREN CELEBRATES MILITARY SPOUSE APPRECIATION DAY

Military Spouse Appreciation Day at the Commissary

Specials in the meat and produce departments

Case lot sale: today, 10 a.m. to 6 p.m., and Saturday, 8 a.m. to 5 p.m.

Products are listed at <http://www.commissaries.com> in the community section

Military Spouse Appreciation Day at the BX

- * Garland truckload rug sale today in the BX parking lot (welcome mats, throw rugs and assorted styles and sized area rugs)
- * A tire sale today through Saturday in the BX parking lot
- * Register to win a \$10 gift card Sunday at the BX. (One winner chosen every hour.)
 - * Free carnations Sunday to the first 50 moms at the BX
 - * Godiva coffee samples all day Sunday

Military Spouse Appreciation Day at the family support center

- * Touching Your Partner's Sole class (intro to reflexology) is being offered today. 4:30 to 5 p.m. Spouses are welcome to attend.

Military Spouse Appreciation Day with services today

- * Trail's End: \$1 off lunch for spouses
 - * Warren Lanes: Free bowling for spouses, 11 a.m. to 5 p.m.
 - * Warren Golf Course: 10 percent off any item in the pro shop
 - * Outdoor recreation: 10 percent off rental item of \$10 or more
 - * Library: Story time celebrates Mother's Day with story and craft, 10 a.m.
 - * Arts and crafts center: Open house, 1 to 8 p.m. Sign up for a class that day and receive a certificate for 10 percent off your next purchase
 - * Chadwell Dining Facility "welcomes all military spouses with open arms."
- Breakfast will be served 5 to 8 a.m. Lunch will be served 11 a.m. to 12:45 p.m. Dinner will be served 4:30 to 7:30 p.m. Spouses of E-4 and below will pay discount meal rate. E-5 and above pay meal rate plus applicable surcharge rate. Spouses of active/deployed guard and reserve and spouses of retired military are welcome.

Workout 101

Warren hosts personal trainer certification

Tech. Sgt. Steve Goetsch
Public affairs

Warren and the 90th Services Squadron sponsored a Cooper Institute certification training course at the Pronghorn building this week.

Cooper Institute is a non-profit research and education center dedicated to advancing the understanding of the relationship between living habits and health, and providing leadership in implementing these concepts to enhance the physical and

emotional well being of individuals.

The program uses science and research as the foundation for each certification course. The Cooper Institute's one-of-a-kind teaching and training method is student-oriented to maximize student's understanding and comprehension of health and fitness concept's, said Jessica Hall, Cooper Institute co-instructor. "Before granting certification to students, we require attendance at all lectures, passing scores on written, verbal, and practical examinations as well as current CPR certification."

This is the fourth year that Warren has hosted this course and it is growing in popularity. "We have students from 13 different bases this year, including seven different Air National Guard units, said Jon Herr, 90th SVS training manager.

Training is expensive, so when Mr. Herr arrived at Warren in 1999, he saw an opportunity to provide a wider range of training at a fraction of the cost. "I learned that we could only send one individual a year to Cooper's



Photo by Tech. Sgt. Steve Goetsch

Tech Sgt. Jacob Trujillo, 90th Services Squadron, counts his partners push-ups as part of the Cooper certification personal trainer training course Tuesday at the Pronghorn Building on base.

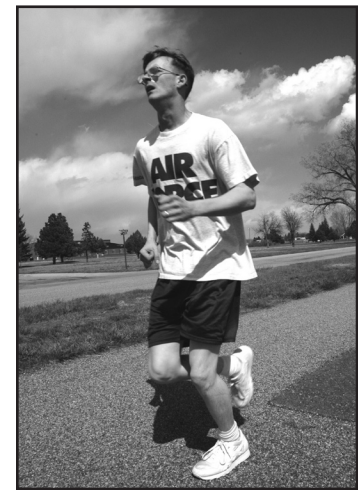
in Dallas, Texas because the cost was \$3,850. Now we save \$3,300 per individual and get a minimum of three trained each year, said Mr. Herr. My estimate is we've saved the Air Force \$60,000 in training funds each year

over the last four years."

This is good news for Warren Airmen because we boast one of the few five-star rated fitness centers in the Air Force. To receive this rating, Cooper's certification is one of the requirements.

"All military and permanent fitness center employee's are required to have this certification," said Mr. Herr.

"Each physical fitness trainer is qualified to set up individual training programs for all ages, male or female."



Staff Sgt. Gary Janeway, 90th Services Squadron, kicks it in on the back stretch of his 1.5-mile run.

Take me out to the ball game

Outdoor recreation offers discounted Rockies tickets

Tech. Sgt. Steven Goetsch
Public affairs

Summer is right around the corner, and that can mean only one thing; America's favorite pastime-baseball.

The 90th Services Squadron, along with the Colorado Rockies is offering bus transportation to and from Coors Field and reduced price tickets as part of military appreciation games. The two dates are 11 and 18 May. More dates may be offered in the future. The total cost for ticket and transportation is \$15.

Make sure you schedule appropriately because the bus leaves three hours prior to the scheduled

game time. The bus departs from Outdoor Rec, Building 366 (on 15th Cavalry Rd. across from the fire department.)

Programs like these are only as strong as the support they receive through participation. "We need a minimum of six people on the bus to provide the transportation," said Lorri Welsh, 90th SVS marketing director.

To have maximum enjoyment at the game, keep a couple of things in mind. The bus will leave approximately 30 minutes after the game ends, so don't hang around too long waiting for autographs. You also don't want to be known as the "two fisted slobber" and disrupt

FOR INFORMATION REGARDING GAME DATES AND TICKET PURCHASING, CONTACT TERRY LAMORIE, 773-2988.

the bus driver and return trip back to Warren. "The whole idea is that they are providing the transportation so if a customer is of legal drinking age, they are welcome to enjoy a beer or two," said Mrs. Welsh. "An issue might occur if the patron is in such a state that they compromise the safety or well-being of others."

So if you're sitting around and looking for something to do, oil up the baseball glove and join 90th SVS for a great day at the ballpark.

If you did not follow 0-0-1-3, please arrange transportation home from Outdoor Recreation.

For information regarding game dates and ticket purchasing, contact Terry Lamorie, 773-2988.

Airman reacts quickly at base's 'central nerve'



Photo by Airman 1st Class Lauren Sixbey

Airman 1st Class Amber Quirarte takes a call at the 90th Space Wing Command Post.

QUICK FACTS

Name: Airman 1st Class Amber Quirarte
Unit: 90th Space Wing Command Post
Job title: Command post emergency actions
Age: 20
Hometown: Quincy, Calif.
Favorite movie: "The Goonies"
Favorite TV show: "House"

Describe your job.

We are the nerve center of the base. We make sure all commanders are aware of situations they need to respond to. We also report everything to higher headquarters.

What is your favorite part?

I get to talk to a lot of people. It helps me with my communications skills. It also helps my level of confidence by talking to higher-ranking people.

Why did you enlist?

I didn't have plans for college. [Joining the Air Force] was something I had been thinking about. My grandparents were in. My granddad, who's now 90, was a Marine in World War II. My other granddad was in the Navy during Vietnam.

Have your goals changed since you first came in?

Definitely. Now I'm a lot more focused in getting where I need to be. I'm going to start school.

What is the most rewarding part of your job?

We affect peoples' lives by making quick reactions.

What do you do on your time off?

My husband and I like to go for long drives. We watch movies and relax.

When you were a kid, what did you want to be when you grew up?

An OB (obstetrics) nurse.

Why aren't you a nurse now?

I don't like blood.

What's the best compliment you've gotten regarding your work?

My supervisor praises me every day. It's nice just knowing that she's proud of what I do.

Where do you see yourself in five years?

I'll still be in the military. I love my job. Hopefully I'll have a few more stripes.

"Airman Quirarte is an exceptional young Airman who always takes the extra step to make sure the job is done right."

— Lt. Col. Lawton Duncan, 90th Space Wing Command Post commander



Link Up 2 Golf

The Warren Golf Club is offering a new golf program. The cost for the Link Up 2 Golf program is \$99. Receive eight hours of group lessons and course etiquette, complimentary rental clubs, 3-hole graduation scramble and a free t-shirt and ball mark repair tool. Classes are scheduled for May 9 to 12, 16 to 19 and 23 to 26, 5:30 to 7:30 p.m. Classes are limited to six students. To sign up or for more information, call 773-3556.

Armed Forces Day biathlon

The 90th Services Squadron is offering a free 10k bike and 5k run on May 21 at 9 a.m. Sign up anytime up to day of the event at Freedom Hall.

For more information call, 773-6172.

Wrong Hand Racquetball Tournament

The free Wrong Hand Racquetball Tournament is scheduled for Monday to May 13, 11 a.m. to 1 p.m.

Play with your non-dominant hand. Games go to 12 points and a player must win two games. Trophies will be awarded for 1st and 2nd place.

Enter by today at Freedom Hall.

For more information, call 773-6172

Home run challenge

A home run challenge is scheduled for May 28 at base softball field #2. Hit the farthest and win. Trophies will be awarded for 1st, 2nd and 3rd places. Sign up at Freedom Hall.

For more information on this event, call 773-6172.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Also invited are family members of the deployed.

Family members of E1

- E4 active duty are welcome to accompany their sponsor to any and all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed? Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Swim team looking for members

Warren Waves, the youth swim team is seeking members ages 17 and younger. They meet Mondays through Thursdays, 4:30 to 5:30 p.m. For more information, call the aquatic center at 773-3195.

Golf for kids

Kids ages 8 to 13 are invited to learn to play golf June 6 to 9, 27 to 30 and July 11 to 14.

Participants will receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee

pack and bag tag, rules and etiquette brochures and a graduation certificate. Children graduating from the program will get a free set of top quality junior clubs to keep. The cost is \$99.

For more information about Golf 4 Kids, call 773-3556.

ODR take trip to “42nd Street”

Outdoor recreation is offering a trip to see the musical “42nd Street” at the Union Colony Civic Center in Greeley Saturday. The cost for the show is \$35 and includes transportation. A limited number of tickets are available.

For more information call outdoor recreation at 773-2988.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling. Xtreme bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes and glow-in-the-dark pins and

balls.

The cost is \$7.50 per lane/per hour. Bowl Fridays, 9:30 to 11 p.m. and Saturdays, 7 to 11 p.m.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. The stall can be reserved one business day prior at the standard rate of \$3 per hour. One stall will be available for reservations will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons. All other stalls will continue to be offered on a first come first serve basis.

For more information, contact 773-3869.

Photo studio

Make an appointment for a family portrait and receive a 15 percent discount on the framing of any portrait you have done.

For more information or to make an appointment, call 773-3754.

6 by 6

Warren's nurses: many roles, one profession

Maj. Michelle Stephens
90th Medical Support Squadron

The American Nurses Association has announced the theme of this year's National Nurses Week, "Nurses: Many Roles, One Profession," which depicts Air Force Nursing today.

The 90th Medical Group Clinic has seven active duty, 10 civilian nurses, and one individual mobilization augmentee providing professional nursing care. Nurse from the 90 MDG nurses fill many roles to include: flight commander, utilization manager, beneficiary counseling, assessing the health of individuals, evaluating patient progress, participating in staff development, prescribing pharmacologic and nonpharmacologic treatments for acute and chronic illnesses and diseases.

"Air Force nurses have pro-

vided tremendous support in operations Enduring Freedom and Iraqi Freedom treating more than 200,000 patients throughout Southwest Asia," said Maj. Gen. Barbara Brannon, the Air Force's assistant surgeon general for nursing services.

In 1974, President Nixon issued a proclamation to establish a National Nurses Week as a time to celebrate, recognize, and award America's nurses and nursing aids. In 1982, May 6 was designated as National Recognition Day.

A highlight in the history of military women has documented nursing services on the "front line" beginning with the American Revolution in 1775, and in every major war in United States history. Today, the Air Force has 3,744 nurses serving in many specialties such as emergency and



Courtesy of 90th Medical Group

Megan Downey, 90th Medical Operations Squadron nurse, checks out the ears of Airman 1st Class Adrian Lester, 90 MDOS, during a routine check-up recently.

critical care, obstetrics, gynecology, internal medicine, primary care, oncology, pediatrics and aeromedical evacuation.

The 90 MDG encourages you to show your appreciation for the men and women serving in the nursing profession.

Congrats to ALS graduates, class 05D

Airman Leadership School prepares senior airmen to supervise and lead Air Force work teams and foster a commitment to the profession of arms.

90th Logistics Readiness Squadron

Peter Barr

David Fry

90th Medical Operations Squadron

Christine Bixler

90th Missile Maintenance Squadron

Derek Chapman

Benjamin Collier

Larry Doughty (Distinguished graduate / Academic Award winner)

George Frazier

Melanie McClow

90th Missile Security Forces Squadron

George Freese Jr.

Daniel Garcia

Ronald Spridgeon

Dren Theriot (Andrews Seminar class leader)

Lilgiay Webb (Kisling Seminar class leader)

90th Security Forces Squadron

Michael Gibson

Mark Grant

790th Missile Security Forces

Rickey Pearson Jr. (Distinguished graduate)

Carnell Poteat

90th Maintenance Operations Squadron

Robert Gonzalez Jr.

Michael Green Jr. (Leadership Award)

Brian McLure

Gary Wayland

90th Security Support Squadron

Aaron Hampton

90th Mission Support Squadron

Stephanie Holder

90th Communications Squadron

Adam Huntley

90th Medical Support Squadron

Shawn Patton (John Levitow Award winner)

SHIRT'S CORNER

Customs and courtesies tips from Warren's first sergeants



Photo by Airman 1st Class Tessa Cubbon

SALUTING 101

AFPAM 36-2241V1: Salutes are exchanged upon recognition between officers or warrant officers and enlisted members of the Armed Forces when they are in uniform. This applies both on and off military installations. The junior member should initiate the salute in time to allow the senior officer to return it. Exchange of salutes between military pedestrians (including gate sentries) and officers in moving military vehicles is not mandatory. However, when officer passengers are readily identifiable (for example, officers in appropriately marked vehicles i.e., Numbered Air Force commander and the 90th Space Wing commander), the salute must be rendered. (Information provided by Master Sgt. Robert Russell)